

## FOODS TO BE AVOIDED WHEN YOU HAVE BEEN DIAGNOSED WITH GASTROESOPHAGEAL REFLUX DISEASE

1. Acid foods. These would include orange juice, tomatoes, cranberries and other citrus fruits.
2. Bubbles. These would include seltzer, sparkling water, soda, or other beverages, which are carbonated.
3. Caffeine and chocolates. Please limit the intake of caffeine to less than one cup per day for adults and please limit you or your child's intake of chocolate to once per week of a small amount.
4. Please avoid spicy foods.
5. No alcohol.
6. There should be no intake of liquids or food within one hour of bedtime.
7. Prevacid should be taken on an empty stomach at bedtime, as well as Nexium. Zantac can be taken with food.